

the Recreater

Recreation, Sports & Leisure Brochure



YOUTH

Art

KIDZART

KidzArt is a drawing based educational program proven to build self confidence through artistic expression in a fun and positive environment. Engaging curriculum amps up the fun and creativity keeping students eager to learn new skills and practice new techniques. We use artist quality media; PRISMACOLOR materials, acrylics, professional chucks, and more. Sessions are unique because our curriculum never repeats! Ask about our Multi-Sibling, Refer-A-Friend and Return Student discounts off supply fees. Please bring \$30 supply fee to first class.

5-10 yrs / 6 wks / \$55 (\$30 material fee)

Deer Crossing Rec Center

16423 Tue, 11/13 4:30-5:30 pm

16424 Tue, 11/13 5:45-6:45 pm



NEW! BASKETBALL PREP (L-2)

Children will review the skills associated with basketball and move into a games based approach, focusing on intermediate skill development, game rules, more drills, and small-sided games to prepare them for league play.

6-8 yrs/ 5 wks/ \$29

Oakdale Rec Center

16083 Mon, 11/5 5:30-6:15 pm

Deer Crossing Rec Center

16091 Fri, 11/9 5:30-6:15 pm

Baton

BATON TWIRLING

Learn fundamental twirling skills, marching, and basic dance techniques in this program. The last class will feature a performance. Batons are available at a reduced cost from the instructor.

4-12 yrs / 6 wks / \$45

Deer Crossing Rec Center

16107 Tue, 11/20 4:45-5:30 pm



Basketball

NEW! BASKETBALL PREP (L-1)

This program is geared toward children who have not played basketball yet or are just beginning. Children will learn basic fundamentals of basketball including gross motor skills associated with basketball. Children will play fun, small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Oakdale Rec Center

16067 Mon, 11/5 4:30-5:15 pm

Deer Crossing Rec Center

16077 Fri, 11/9 4:30-5:15 pm

Discovery

NEW! APPRENTICE ENGINEERING LEGO MINDSTORM NXT

Students will learn to design, program, and control fully functional robotic models. They will use software to plan, test, and modify sequences of instructions for a variety of life-like robotic behaviors. They will also learn to collect and analyze data from the robot's sensors. This program will provide a series of real-life activities, covering topics within science, technology, engineering, and mathematics all using LEGO® Robotics.

7-10 yrs/ 6 wks/ \$140

Oakdale Rec Center

16594 Wed, 10/24 5:00-6:30 pm

NEW! APPRENTICE MECHANICAL ENGINEERING

The curriculum for the Mechanical Engineering program is designed to introduce students to the concepts of physics, motion, and energy through various hands-on activities. These concepts will be explored through various materials and media, including wind and water, in processes mirroring the Engineering Design Process. Students learn basics of fluid mechanics, simple machines, and other design and engineering concepts while constructing roller coasters, egg-drop vehicles, and an incredibly fast CO2 Dragster. Students get to take home the machines they build. Please bring \$25.00 supply fee to first class.

7-10 yrs/ 6 wks/ \$115

Oakdale Rec Center

16595 Mon, 10/29 5:00-6:30 pm



Flag Football

NEW! FLAG FOOTBALL PREP (L-1)

This program is geared toward children who have not played flag football yet or are just beginning. Children will learn basic fundamentals of flag football. In this program children will learn gross motor skills associated with flag football. Children will play fun, small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Oakdale Rec Center

16115 Thu, 11/1 4:30-5:15 pm

NEW! FLAG FOOTBALL PREP (L-2)

Children will review the skills associated with flag football and move into a games based approach, focusing on intermediate skill development, game rules, more drills, and small-sided games to prepare them for league play.

6-8 yrs/ 5 wks/ \$29

Oakdale Rec Center

16123 Thu, 11/1 5:30-6:15 pm

Floor Hockey

FLOOR HOCKEY (LEVEL 1)

This program is geared toward children who have not played floor hockey yet or are just beginning. Children will learn basic fundamentals and gross motor skills associated with floor hockey. Children will play fun, small-sided games to help reinforce skills they learned.

5-6 yrs/ 5 wks/ \$31

Deer Crossing Rec Center

16125 Thu, 11/1 4:15-5:15 pm

Soccer

SOCCER PREP (L-1)

This program is geared toward children who have not played soccer yet or are just beginning. Children will learn basic fundamentals of soccer. During this program children will learn gross motor skills associated with soccer. Children will play fun, small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Deer Crossing Rec Center

16191 Wed, 11/7 4:30-5:15 pm

SOCCER PREP (L-2)

Children will review the skills associated with soccer and move into a games based approach, focusing on intermediate skill development, game rules, more drills, and small-sided games to prepare them for league play.

6-8 yrs/ 5 wks/ \$29

Deer Crossing Rec Center

16203 Wed, 11/7 5:30-6:15 pm

Multi-Sports

SPORTS BONANZA

Our coaches will teach your children how to catch, throw, kick and other skills while playing basketball, tee-ball, soccer and more in this program.

6-8 yrs / 5 wks / \$29

Oakdale Rec Center

16176 Wed, 11/7 4:30-5:15 pm

16177 Wed, 11/7 5:30-6:15 pm

Tennis

QUICKSTART TENNIS

QuickStart tennis works by getting kids into the game immediately. Within the first hour of stepping on the court, they are actually playing, rallying and moving around and having fun! We scale the courts down to their size, which gives the kids the confidence and ability to cover the entire court. We use junior size racquets that fit smaller hands and makes it easier to control. QuickStart tennis enables kids to have a fun experience early on in the learning process. They build confidence and become more enthusiastic about playing.

4-7 yrs / 3 wks / \$62

West Winds Tennis Center

16046 Sun, 11/4 10:00-11:00 am

16551 Sun, 12/2 10:00-11:00 am

YOUNG BEGINNERS TENNIS

Over a 3-4 week period, our certified professional instructors will continue to develop eye-hand coordination and begin stressing better technique and understanding how the game is played.

West Winds Tennis Center

8-10 yrs / 3 wks / \$62

16053 Sun, 11/4 11:00 am-Noon

8-10 yrs / 3 wks / \$62

16054 Sun, 12/2 11:00 am-Noon



Saturday, December 15th

Come and visit with Santa and enjoy cookie decorating, and crafts with Santa!

Saturday
December 15, 2012
Cost: \$5
2-10 years
Ballenger Community Building
16061 10:00 am - Noon

Visit
WITH
SANTA

301.600.2936 | www.Recreator.com

LOW INTERMEDIATE

Over a 3-4 week period, our certified professional instructors work on more advanced instruction and stressing form and strategy, our players learn the tools necessary to play on a junior league tennis team.

West Winds Tennis Center

11-14 yrs / 3 wks / \$62

16057 Sun, 11/4 9:00-10:00 am

11-14 yrs / 3 wks / \$62

16058 Sun, 12/2 9:00-10:00 am

Volleyball
GO GET IT – INTERMEDIATE

This program is for those with prior volleyball experience who want to continue learning the game of volleyball. This class builds on basic skills and introduces more advanced offensive and defensive techniques into actual game play. The class is designed for people who have already attended other volleyball camps/clinics, club ball, leagues or high school and want to continue learning the game. Come out to play hard and have fun playing volleyball!



12-16 yrs / 6 wks / \$60

Deer Crossing Rec Center

16240 Thu, 12/6 5:30-7:00 pm

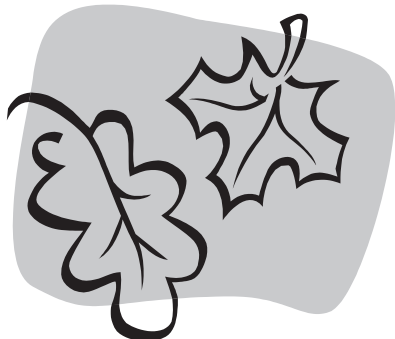
GO GET IT – BEGINNER VOLLEYBALL INSTRUCTION

This program is designed to accommodate each participant's level of skill and knowledge of the sport. This program will teach offense, defense, serving, blocking and other important volleyball techniques.

10-14 yrs / 6 wks / \$60

Deer Crossing Rec Center

16242 Thu, 11/1 5:30-7:00 pm


PRESCHOOL
Movement
FUNFIT® FUNKY MONKEYS

Action packed and full of fun, kids will receive a heart-healthy workout without even knowing it. With loads of age-appropriate, non-competitive, active games such as tag, ball play, parachute and more. Kids learn to play by game rules, follow simple instructions, advance coordination and sport skills, as well as benefit from the social and cooperative aspects formed in team play. Participants will improve self confidence, coordination, muscle tone and function, socialization and cognitive development. Keep them growing strong and confident with Funfit®!

3-6 yrs / 6 wks / \$60

Oakdale Rec Center

16361 Tue, 11/6 5:00-5:45 pm

FUNFIT®

Funfit® "where fitness is child's play" This fun-filled activity brings fitness to a whole new level. Using balls, chutes, instruments and more, you and your child will get a heart-healthy workout in a stress-free class. Kids will build self-confidence, socialization, coordination, balance, language and cognitive development. One adult must attend with child(ren), who must be walking.

1-4 yrs / 6 wks / \$60

Oakdale Rec Center

16389 Tue, 11/6 5:45-6:30 pm

Sports
TINY SLUGGERS TEE-BALL

Designed for little tikes to begin learning the fundamentals of tee-ball and teamwork in a fun, social setting. Mini-skill stations and small games will keep them wanting more. Bring a glove for this program. Fee includes a shirt. This is not a league although small scrimmages may be played. Parent participation is required for some activities.

3-4 yrs / 5 wks / \$49

Oakdale Rec Center

16520 Fri, 11/9 4:30-5:15 pm

16521 Fri, 11/9 5:30-6:15 pm

ADULT
Fitness
MIGHTY FIT YOGA

Physical postures integrated with the breath to release tension, promote strength, flexibility of body, mind, and emotions are practiced in this class. Modifications will be made to ensure the success of all participants. Yoga can alleviate many common problems that leave you feeling tired and drained of energy. A paying adult must accompany participants under the age of 18 years.

12+ yrs / 6 wks / \$60

Oakdale Rec Center

15924 Wed, 11/7 6:30-7:30 pm

NEW! SOOLAH'S HOOP BODY SCULPT CLASS

Get started on your fitness Resolution with Soolah's Hoop Body Sculpt Class! This popular class is a hit with those who are focused on fitness! What a fun way to take care of yourself with weekly healthy activity. Build your core strength, tone your body, burn 400-600 calories per hour, reduce your stress and calm the mind, get a good cardiovascular workout and increase your energy while having fun.

10+ yrs old / 6 weeks / \$90

Deer Crossing Rec Center

16041 Tue, 11/6 6:30-7:30 pm

16040 Thu, 11/8 6:30-7:30 pm

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Join this program to achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life!

14+ yrs / 6 wks / \$30

Deer Crossing Rec Center

16006 Thu, 11/1 7:00-8:00 pm

16570 Wed, 11/7 6:45-7:45 pm

16571 Wed, 11/7 4:00-5:00 pm

Oakdale Rec Center

15997 Sat, 11/3 9:00-10:00 am

Spring Ridge Elementary

16012 Tue, 10/30 7:00-8:00 pm

16013 Thu, 11/1 7:00-8:00 pm

Leagues

MEN'S BASKETBALL LEAGUE

All teams in this recreational league will play 5 regular season games and then compete in the championship tournament. Fee includes sanctioned officials, staff, equipment, facility rental, team championship and runner-up trophies and administration. Games will be held on Wednesday nights, at Tuscarora and Oakdale Rec Centers at various times each week depending on team schedule. Registration deadline is 1/11/13.

18+ yrs/ 6 games/ see below

Tuscarora & Oakdale Rec Centers

Teams \$430 (before Jan. 4, 2013)*

16489 Wed, 1/23 7:00-10:00 pm

Teams \$470 (Jan. 5-11, 2013)

16490 Wed, 1/23 7:00-10:00 pm

Individuals \$45

16488 Wed, 1/23 7:00-10:00 pm

Martial Arts

AIKIDO DEMONSTRATION – FREE

Aikido is one of the most modern forms of the Japanese martial arts. It has been called a “gentle” martial art because it uses strictly defensive techniques of evasion, redirection, and immobilization to avoid and control the attacker. Aikido focuses on minimum effort/ maximum effect, which makes it well suited for all people regardless of age, size or gender. This demonstration is a wonderful way to learn some basic, effective self-defense, and discover more about Aikido!

13+ yrs / 1 day / Free

Deer Crossing Rec Center

16150 Sat, 12/1 10:45-11:45 am

AIKIDO

Uniforms are not required for this class but loose fitting clothing like sweat pants and shirts are recommended. We invite visitors to drop by class anytime to observe and/or ask questions.

13+ yrs / 6 wks / \$20

Beginners

Deer Crossing Rec Center

16153 Sat, 12/8 10:45-11:45 am

13+ yrs / 8 wks / \$40

Intermediate

Deer Crossing Rec Center

16152 Sat, 12/1 9:00-10:30 am

Frederick County Division of Parks and Recreation REGISTRATION FORM

Mail: FCDPR, 118 North Market St., Frederick, MD 21701 (Please make check payable to **Frederick County Treasurer**)

By Phone: 301-600-2936 **Fax:** 301-600-2595

Online: www.Recreator.com

Parent/Guardian Name (if participant is under 18 years of age) _____

Address _____ **City** _____ **State** _____ **Zip** _____

Home Phone _____ **Work/Cell Phone** _____ **E-mail** _____

Emergency Contact Name _____ **Emergency Phone** _____

Medical Conditions: Participant name: _____ Medical Condition: _____

Participant's Name	Gender	D.O.B.	Program Name	Program Code	Fee
		/ /			\$
		/ /			\$
Attach additional registrations on a separate piece of paper if necessary				TOTAL DUE	\$
Credit Card (Visa, MasterCard, Discover) Card # _____ Exp. Date _____				We will notify you only if there is a problem or a change in	

Waiver of Liability: By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation program/s and therefore, I hold the Board of County Commissioners of Frederick County (BoCC) harmless from all claims for injuries, damage, or loss which may result from me or my child's participation in the program/s listed above. Further, in compliance with Maryland HB 858 and SB 771, I hereby acknowledge that I understand the risks of concussions in sports and am aware of the concussion information which is found at www.recreator.com

Discipline Policy: I understand that the Division has a discipline policy for conduct in recreation programs and facilities. In the event that I/my child is asked to leave a program/facility, I understand that the registration fee will not be refunded to me.

Authorization for use of Photographic Likeness: I agree to allow Frederick County Parks and Recreation to take and utilize photos, slides, and video images of the above registered individual/s for the purpose of promotion and publicizing of the Division's programs and/or events. If I prefer to not allow the above registered individual/s to be photographed, I will call 301-600-1684 to register my request.

Signature _____ **Date** _____

Refund policy: If you want to withdraw from a program, call 301-600-2936. All requests for refunds must be made 2-weeks prior to the start of the program. A \$4 processing fee will be charged for each participant per program refunded. All refund requests must be approved by the Recreation Superintendent. Refunds will be issued according to the original method of payment, unless payment was made by cash, then a check will be issued.